



MON 星期一

TUE 星期二

WED 星期三

THU 星期四

FRI 星期五

			<p>9am-10am Chair Zumba 尊巴舞 (椅)</p> <p>10am-11am Fun Games 欢乐游戏</p> <p>2pm-3pm Table Tennis 桌球运动</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">1</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10-12nn Share-a-Pot 大家喝</p> <p>10am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">2</p>
<p>9am-10am Exercise 小群户内运动</p> <p>10am-11am Arts & Crafts 绘画手工</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">5</p>	<p>9am-10am Exercise 小群户内运动</p> <p>9am-4pm Community Health Post 社区保健站</p> <p>10.30-12.30pm Zentangle Class (Beg) 禅画 (初级)</p> <p>10am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">6</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10am-11am Happy Exercise (SLEC)</p> <p>9am Haircut 剪发</p> <p>10am-12nn Folk Dance 康乐舞</p> <p>1pm-2pm Tune Up! 唱起来</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">7</p>	<p>9am-10am Chair Zumba 尊巴舞 (椅)</p> <p>10am-11am Fun Games 欢乐游戏</p> <p>2pm-3pm Table Tennis 桌球运动</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">8</p>	<p>9am-10am Exercise 小群户内运动</p> <p> CHINESE NEW YEAR EVE 新年除夕</p> <p style="text-align: right;">9</p>
<p> CHINESE NEW YEAR 新年初三</p> <p style="text-align: right;">12</p>	<p>9am-10am Exercise 小群户内运动</p> <p>9am-4pm Community Health Post 社区保健站</p> <p>10.30-12.30pm Zentangle Class (Beg) 禅画 (初级)</p> <p>10am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">13</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10am-11am Happy Exercise (SLEC)</p> <p>10am-12nn Folk Dance 康乐舞</p> <p>1pm-2pm Tune Up! 唱起来</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">14</p>	<p>9am-10am Chair Zumba 尊巴舞 (椅)</p> <p>10am-11am Fun Games 欢乐游戏</p> <p>2pm-3pm Table Tennis 桌球运动</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">15</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10-12nn Share-a-Pot 大家喝</p> <p>1.30-3.30pm Zentangle Class (Int) 禅画 (中级)</p> <p>10am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">16</p>
<p>9am-10am Exercise 小群户内运动</p> <p>10am-11am Arts & Crafts 绘画手工</p> <p>1.30-2.30pm Basic Harmony Art 粉彩画</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">19</p>	<p>9am-10am Exercise 小群户内运动</p> <p>9am-4pm Community Health Post 社区保健站</p> <p>10.30-12.30pm Zentangle Class (Beg) 禅画 (初级)</p> <p>10am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">20</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10am-1pm CNY Lunch 新年午餐</p> <p>1pm-2pm Tune Up! 唱起来</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">21</p>	<p>9am-10am Chair Zumba 尊巴舞 (椅)</p> <p>10am-11am Fun Games 欢乐游戏</p> <p>2pm-3pm Table Tennis 桌球运动</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">22</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10-12nn Share-a-Pot 大家喝</p> <p>1.30-3.30pm Zentangle Class (Int) 禅画 (中级)</p> <p>10am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">23</p>
<p>9am-10am Exercise 小群户内运动</p> <p>10am-11am Arts & Crafts 绘画手工</p> <p>1.30-2.30pm Basic Harmony Art 粉彩画</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">26</p>	<p>9am-10am Exercise 小群户内运动</p> <p>9am-4pm Community Health Post 社区保健站</p> <p>10.30-12.30pm Zentangle Class (Beg) 禅画 (初级)</p> <p>2pm-4pm Art Dough Class (Beg) 面团艺术 (初级)</p> <p style="text-align: right;">27</p>	<p>9am-10am Exercise 小群户内运动</p> <p>10am-11am Happy Exercise (SLEC)</p> <p>10am-12nn Folk Dance 康乐舞</p> <p>1pm-2pm Tune Up! 唱起来</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">28</p>	<p>9am-10am Chair Zumba 尊巴舞 (椅)</p> <p>10am-11am Fun Games 欢乐游戏</p> <p>2pm-3pm Table Tennis 桌球运动</p> <p>11am-4pm Individual activities 拉米游戏, 个人活动</p> <p style="text-align: right;">29</p>	